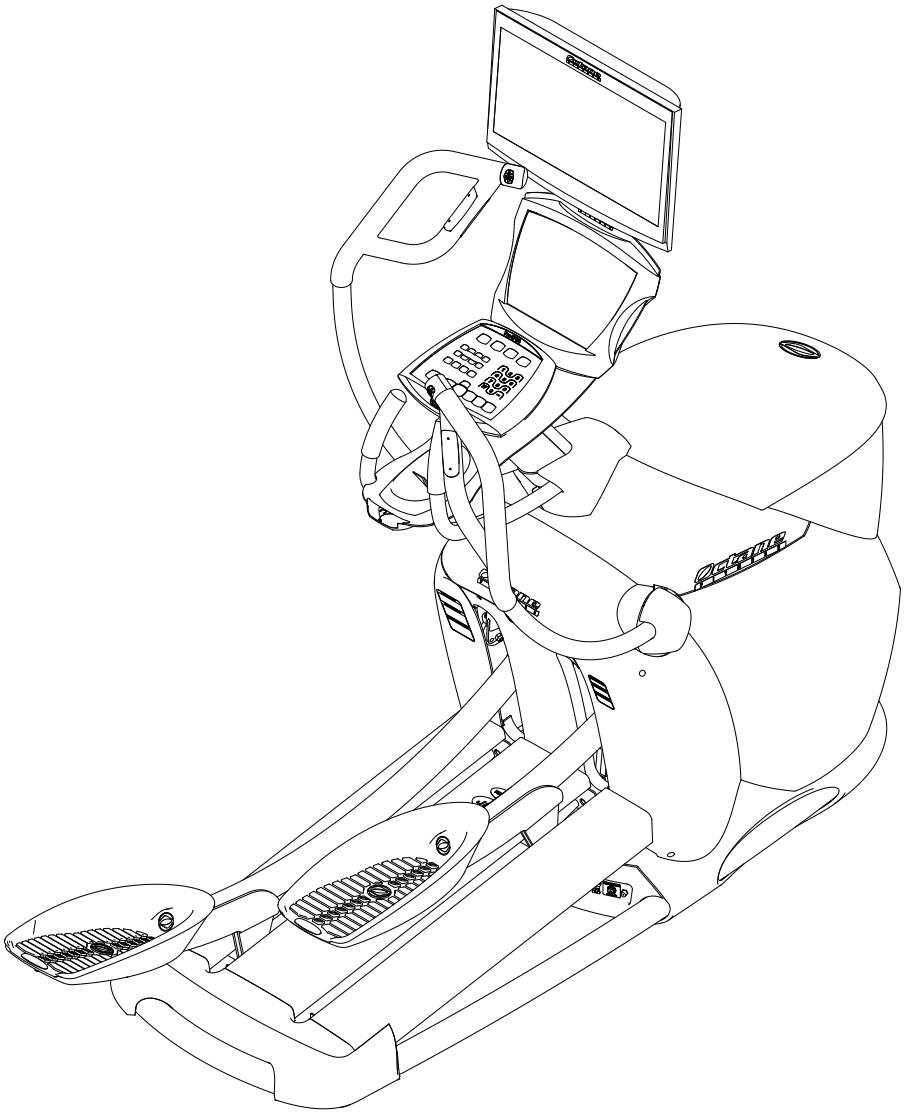
Octane FITNESS

PRO4700 ENTERTAINMENT KIT

KEYPAD, CONSOLE AND LCD-TV WITH MOUNTING ARM

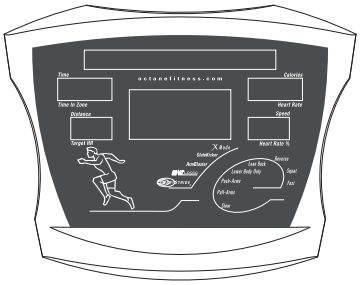


ASSEMBLY AND OPERATIONS INSTRUCTIONS

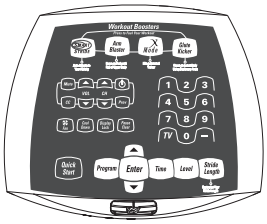
PRO4700 ENTERTAINMENT KIT CONTENTS

Console Box Contents:

❑ PRO4700 Entertainment Console

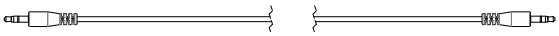


❑ PRO4700 Entertainment Keypad

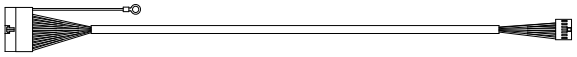


❑ Audio Jack Assembly

❑ Audio Cable



❑ Keypad Cable

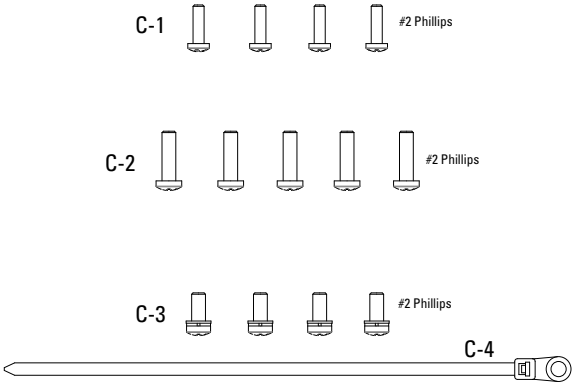


❑ Media Control (TV) Cable

❑ Heart Rate Cable

❑ Assembly and Operations Instructions

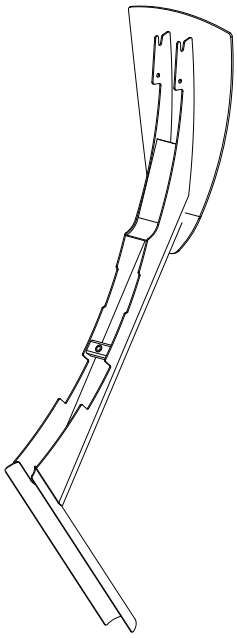
❑ Console Hardware



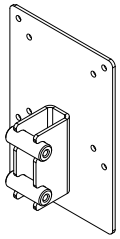
**Hardware illustrated to scale; not actual size.*

LCD-TV Mounting Arm Box Contents:

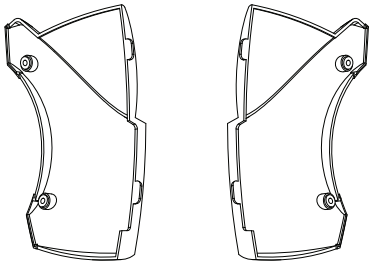
❑ LCD-TV Mounting Arm



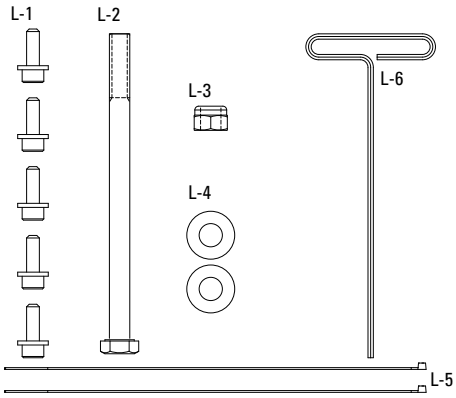
❑ Mounting Bracket for LCD-TV



❑ Console Back Covers (R and L)



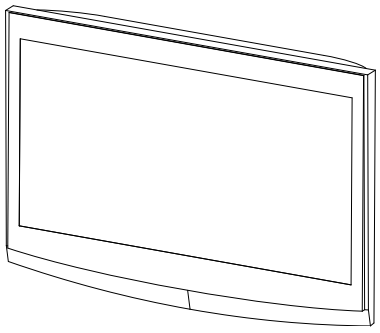
❑ LCD-TV Mounting Arm Hardware
(selected items only)



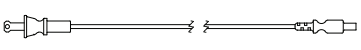
❑ Coaxial Cable

LCD-TV Box Contents:

❑ LCD-TV



❑ Power Cord



❑ Remote Control
(not pictured)

❑ LCD-TV User Manual
(not pictured)

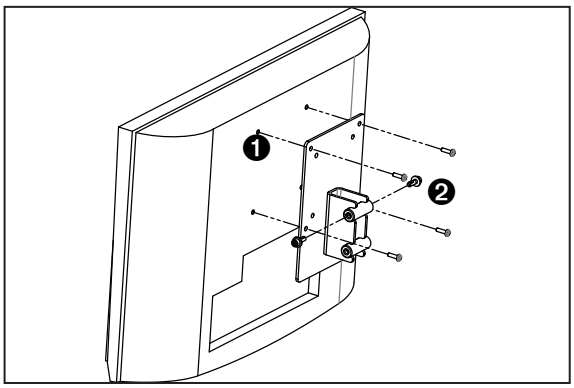
PRO4700 ENTERTAINMENT KIT ASSEMBLY INSTRUCTIONS

Complete these instructions during initial assembly of the PRO4700 elliptical, after mounting the keypad on the mast. For a fully-assembled PRO4700, remove the console, keypad and cable, top cover, and left side shroud to complete these instructions. *Retain all screws for use in this assembly.

WARNING!

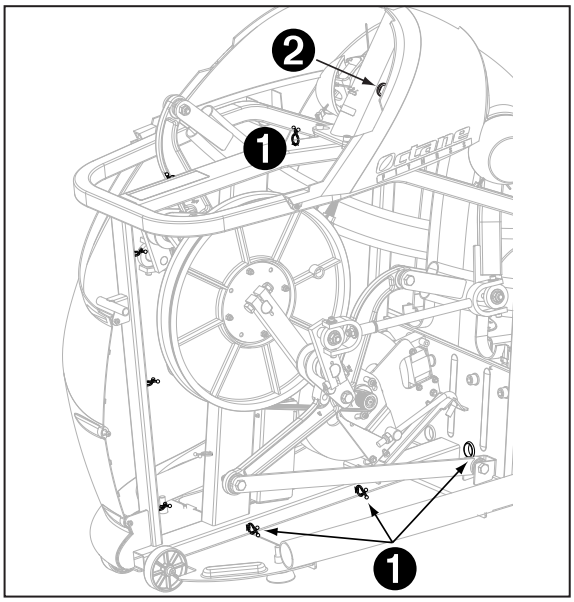
Do not mount an LCD-TV weighing more than 8.5 lbs. (3.8 kg) on the LCD-TV mounting arm.

A. Mounting Bracket



❶ Attach bracket to LCD-TV using C-1 (Qty 4).

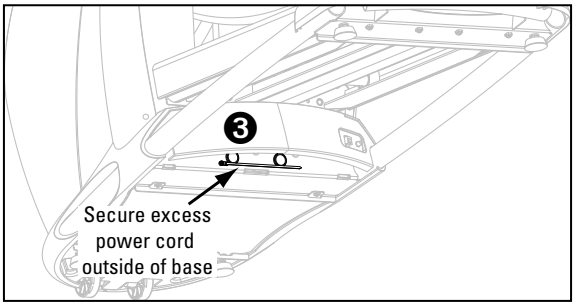
❷ Insert L-1 (Qty 2) part way into top shaft of bracket.



B. Mast and Power Cables

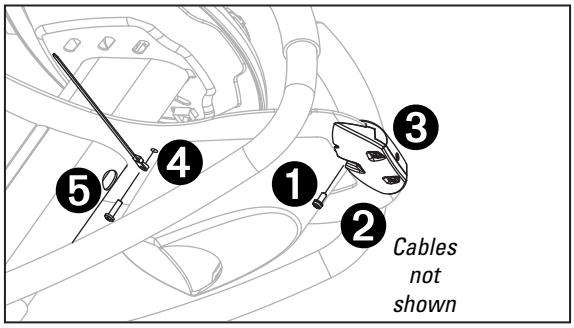
With assistance, tilt the unit to one side to install and secure power cord according to the following instructions:

❶ Route power cord through hole and clips in base.



❷ Route coaxial cable and power cord up mast.

❸ Remove power cord slack from within unit and secure excess cable outside the base with attached cable tie.



C. Audio Jack

❶ Remove bottom screw from water bottle holder.

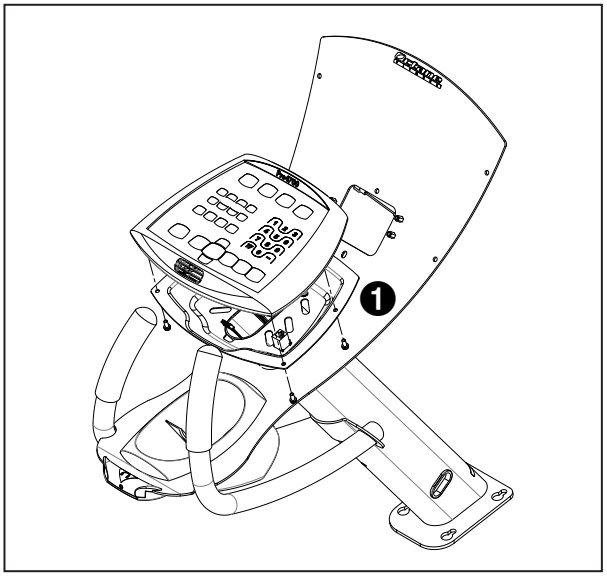
❷ Connect audio cable to audio jack assembly (not illustrated).

❸ Loosen screws on audio jack assembly; place assembly over mast plate; tighten screws. Secure with screw to water bottle holder.

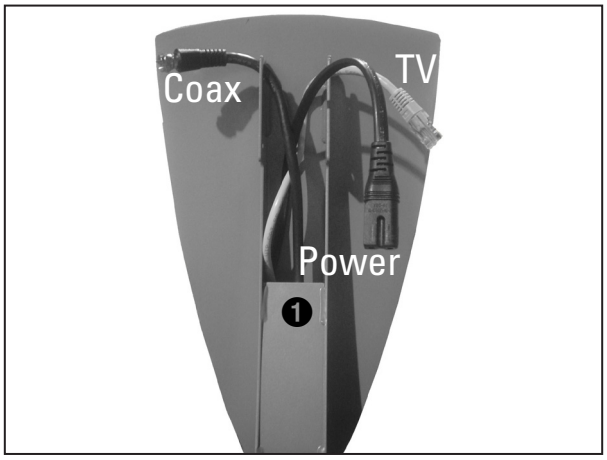
❹ Remove upper left screw from water bottle holder; insert C-2 (Qty 1) through C-4 (cable tie); re-attach to water bottle holder and tighten.

❺ Route audio cable through mast hole to console; secure with C-4.

D. Keypad

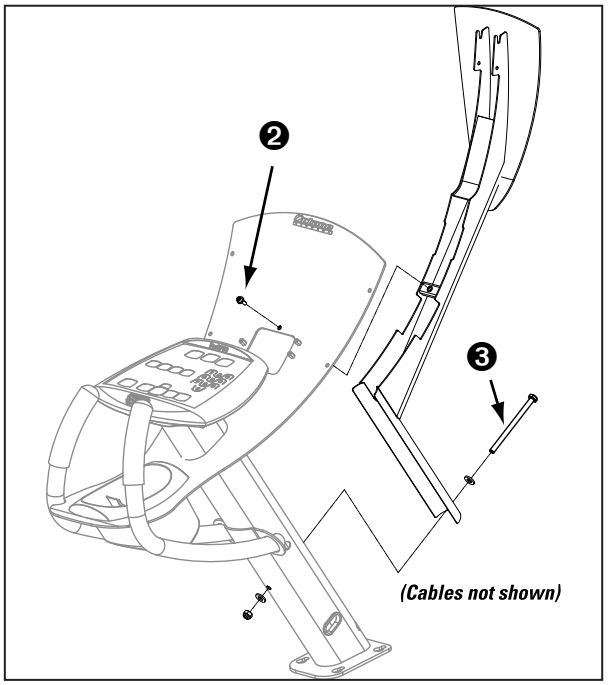


❶ Connect keypad cables per diagram on keypad; attach keypad to mast plate with C-3 (Qty 4).



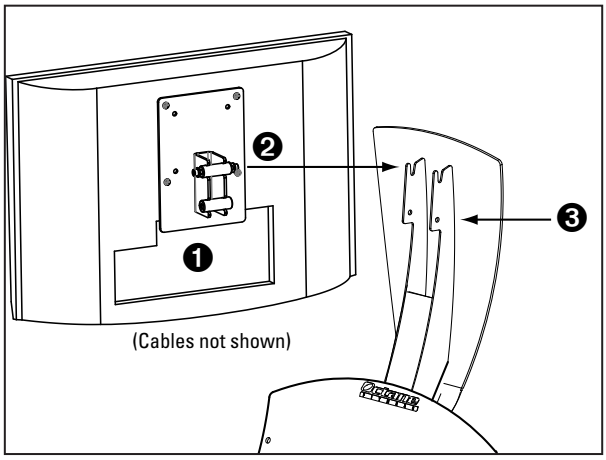
E. Mounting Arm and Cables

❶ Hold mounting arm near mast; route power cord, coaxial cable, TV control cable under brackets in arm.



❷ Position mounting arm against mast; attach to mast plate with L-1 (Qty 1) and finger-tigthen.

❸ Attach to mast using L-2 (Qty 1), L-3 (Qty 1) and L-4 (Qty 2). Tighten L-2; then tighten L-1 with L-6.



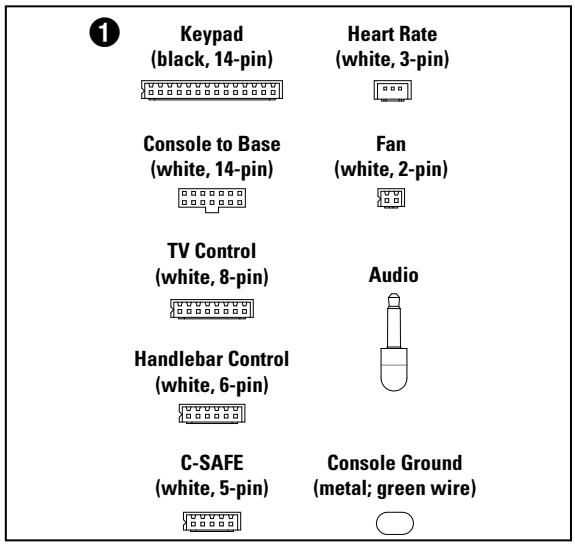
F. LCD-TV

❶ Connect power cord and coaxial cable to LCD.

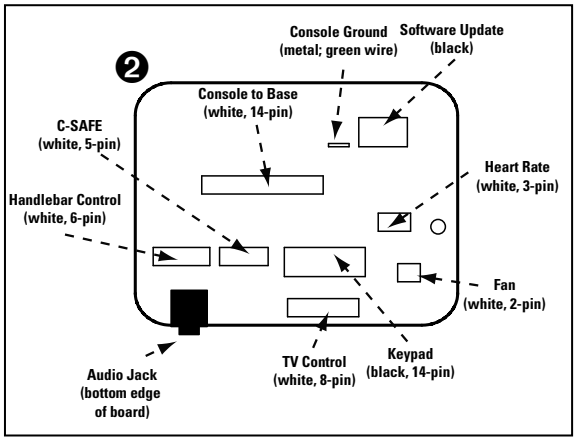
❷ Hang LCD-TV bracket on mounting arm.

❸ Attach with L-1 (Qty 2) through bottom shaft;. tighten top and bottom screws with L-6.

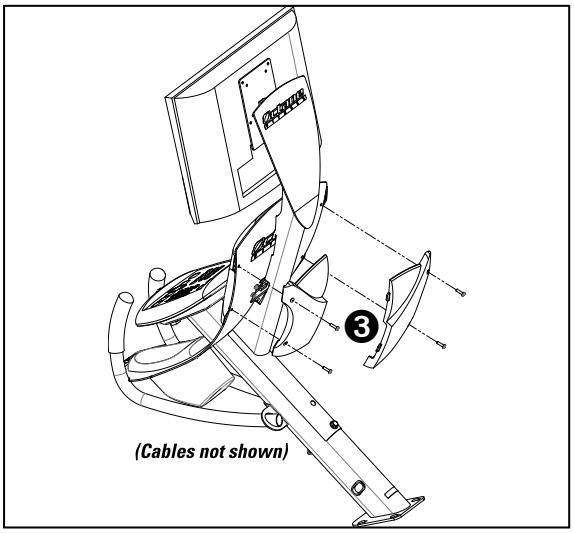
G. Console



❶ Route cables (Qty 9) through mast plate.



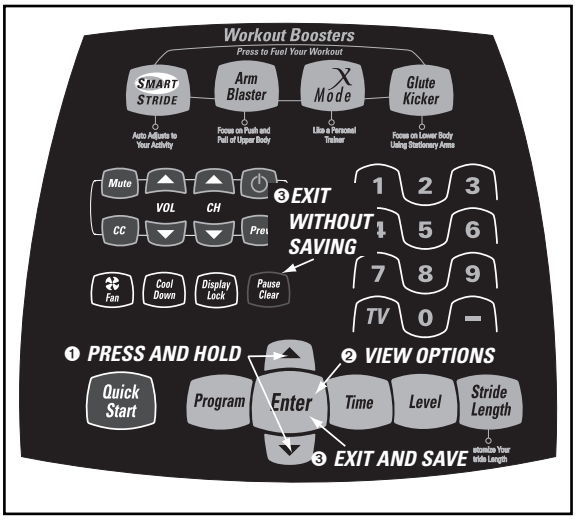
❷ Match cable connectors to sockets on console back; connect.



❸ Attach console and covers to mast plate with C-2 (Qty 4).

H. User Settings

Pedal the unit to activate the keypad for programming.



❶ Press and hold ▲/▼ to display programming options.

❷ Press *Enter* to view setting options; press ▲ to select option and move to next setting. (Factory setting shown in **BOLD**.)

Warm-Up	Controls 3-minute warm-up: **ON** or OFF
Clock Direction	Controls clock counting: **UP** or DOWN
Max Workout Time	Sets limit for workout time: 1 to 99 minutes (factory-set at **30:00**). Press *Enter* to scroll in 15-minute increments, or enter value using number keypad.
Unit Type	Controls weight and distance display units: **ENGLISH** (pounds and miles) or METRIC (kilograms and kilometers)
Stride Length	Controls software setting for stride length; must match physical position of the stride linkage: **JOGGING** or RUNNING
Beep	Controls console sounds: **ON** or OFF.

TV Menu	Accesses TV MENU CONTROL on your LCD. Use ▲/▼ and *Enter* to scroll through and set TV options just as you would with your handheld TV remote. (Refer to LCD-TV User's Manual for more information.) Press Pause Clear to exit TV MENU CONTROL and return to user settings. ***Note**: VOL (▼) is "Left" and VOL (▲) is "Right", and PREV is "Return" in TV MENU CONTROL.*
TV Auto On	Controls TV power at the start of workout: **NO** (leave TV in current state–on or off) or YES (turn TV on if it is off).
TV Auto Off	Controls TV power at the end of workout: **NO** (leave TV in current state–on or off) or YES (turn TV off after workout).
TV Default Channel	Sets TV to specified channel before elliptical enters sleep mode. Use number keypad to set channel. If you do NOT want TV to go to a specific channel automatically, set channel to **00**. ***Note**: If the user turns TV off manually, TV will power on to the channel last viewed.*
Brightness	Controls brightness of the console LEDs: 1 (dim) to **8** (bright).
Exit	Press *Enter* to Exit and save settings. Press Pause Clear twice to exit without saving.

❸ Press *Enter* when "Exit" is displayed to save selections. Press *Pause Clear* twice to exit without saving changes.

I. Complete Installation

❶ Replace top cover and left side shroud, or, return PRO4700 Assembly Instructions to complete assembly of new unit.

Media Keypad Buttons

The table below describes the buttons controlling media functions on the PRO4700. Refer to PRO4700 Operations Manual for descriptions of the elliptical programming buttons on the keypad.

Mute	Turn TV audio on/off.
CC	Activate/de-activate TV closed-captioning.
VOL (▲/▼)	Increase/decrease TV audio volume; Move left (▼) or right (▲) in TV MENU CONTROL.
CH (▲/▼)	Move backward (▼) or forward (▲) through TV channels.
(Power)	Turn TV on/off.
Prev	Jump to last-viewed TV channel; Return to previous menu option in TV MENU CONTROL.
TV (numeric keypad)	Press to activate numeric keypad for input of TV channel numbers.
– (numeric keypad)	Enter as the sub-channel separator in HDTV channel numbers (e.g. 45-1)
Enter	Use to program TV options.

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